

Summer 2021

<u>WEEK I</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<i>Sandwich Day!</i>	<i>Asian!</i>	<i>Italian!</i>	<i>Mexican!</i>	<i>Breakfast!</i>
Protein	Sunflower Butter and Fruit Jelly	Fried Rice w/ Eggs	Tofurkey Slices	Black Beans & Feta	Cream Cheese and Fruit Jelly
Grains/Carbohydrate	Multigrain Bread	Brown Rice	Flat Bread Slices	Tortilla Chips	Bagels
Fruit/ Vegetable	Celery Sticks	Peas and Carrots	Salad w/ Italian dressing	Shredded Cabbage	Carrot chips
Fruit/ Vegetable	Pears	Mandarin Oranges	Shredded Beets	Guacamole and Salsa	Peaches or Plums or another stone fruit

<u>WEEK II</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
	<i>Israeli!</i>	<i>American!</i>	<i>Breakfast!</i>	<i>Tuscan!</i>	<i>Picnic!</i>
Protein	Hummus	Veggie Hot Dogs	Yogurt	Cannellini Beans	Tuna Salad
Grains/Carbohydrate	Pretzel Buns	Buns	Granola (nut-free)	Pasta	Pita
Fruit/ Vegetable	Olives	Watermelon	Strawberries	Spinach Salad	Tomato
Fruit/ Vegetable	Cucumbers	Pickle Relish & Ketchup	Bananas	Tomato Basil Sauce	Pickle slices

Each snack consists of one whole grain option or low fat option **PLUS...**

- Whole Grain Unsalted Rice Cakes
- Whole Grain Cheerios
- Whole Wheat Pretzels
- Whole Grain Pretzel Thins
- Veggie Straws
- Apple Straws

And...

...each snack consists of one Fruit or Vegetable

- Apples, oranges, bananas, pears or other fresh fruit
- Cucumbers, baby carrots or other fresh vegetables
- Unsweetened Apple Sauce
- Unsweetened Raisins

If your child is allergic to any of the items on our menu, please tell the teacher and Ms. Laura right away!

* Due to COVID-19, items out of stock will be replaced with a comparable item.